

Natural Experiment 176
On
P H Y S I C K

For the
P O O R.

The First Part.

CONTENTS.

1. Severall approved Medicines for all diseases.
2. Rules and directions, for purging, with many Physicall and Chyrurgicall observations.
3. The way of making Oyles, Ointments; pultises, plaisters and drinks, with such things only as grow in England, and are commonly known.

Being a compleat Method of Physick, so plain and easie that the meaneſt capacities may attain to.

The Second Part K

Containing Severall quaint experiments, both profitable & delightfull.

By Tho: Law, Student in Physick.

London, Printed by R. D. and are to be sold by Edward Farnham, in Popes head Alley neer Cornhill. Anno 1657. 24



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The
EPISTLE.
To the
READER.

Kind Reader.

I Must begg two things of thee, first when thou glance thine eyes upon this little piece, to read it throughout, and if thou findest any thing in the First or Second Part of Naturall experiments, worthy of thy acceptance, cherish and protect it, by reason of it's infancy; but when it shall grow more in age and acquaintance, thou maist have more to assist thee, and also to return thee thanks. Secondly, because it is for the generall good of all, and especially for the poor, I desire thee not to slight this opportunity put into thy hands, for
* 2 thou

To the Reader.

thou knowest not how few dayes
may passe over thy head, but thou thy
self, or some of thy freinds may perish
for want of such directions as this
small treatise can afford thee, which
under God may be an Instrument of
much good unto thee, or thy freinds :
this I doe promise thee, that when
thou hast bought it, thou wouldst
not be without it, for three times
what it cost thee, therefore neglect no
opportunity, wherein thou maist be
doing good. Peradventure some may
say this is a little pamphlet, there are
greater Volumes and many Books,
both of Physick and Chyrurgery, pu-
blished by men of known abilities.
To this may be answered, that the
wisest men seldome judge of things by
bigness; But first trying all things
they imbrace the best : and again the
poor are but little the better, because
they are (as it were) lockt up from
them severall wayes; first they are
for the most part in the Latine tongue,
so

To the Reader.

so that very few of the poor can read them. Secondly, if Latine Authours may be read by some, there are others that cannot read Latine, to such it is as good it had not been writ: or suppose there are enough to be bought in English, sure I am that the prizes are so high, and the Medicines so chargeable, that nothing can be had without going to the Apothecary, and perhaps give twelve pence for such things as they may have out of a Garden for three pence, and how shall such do; who dwell farr from Apothecaries, (as many Country people who live some six, some eight miles or more from any Citty, or Market Town. Here, kind Reader thou maist have a bil suitable to thy distemper for little or nothing, and in thy native tongue ready to serve thee for another time. I thought it might prove an acceptable work to be helpfull unto my poor Country Men, by supplying them with a cheap remedy for every
* 2 ordinary

To the Reader.

Ordinary distemper or accident that may happen, and with such things as may be had growing almost in every County in England, as Barkes of Trees, Roots and their Barks, Herbs, Flowers, and Seeds, with directions for the Compounding Medicines for every disease, and all agreeable to the rules of Physick, and those Authors of known and approved abilities, that ever writ either of Physick or Chyrurgery. And because it shall not rise to too high a price; I have studied to compose this Method of Physick and Chyrurgery with as much plainnes, and brevity as may be, that the meaneest capacities may reach it, as well with their purses as understandings, and if (kind Reader) thou Iudgest it worth my labour in writing, or thy paines in reading, or that it may be helpfull to any one, though the poorest of thy fellow creatures return the Praises, and the glory of all unto God, then
have

To the Reader.

*have I attained the expected end of
this my Labour.*

Fare well.

T. L.

P



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Naturall experiments,
 or
P H Y S I C K
 For the
P O O R.

*An excellent Plaister for all
 sorts of green wounds.*

Take three handfulls
 of All-heal, to which
 quantity you must
 put four ounces of
 Sallet Oyle, of Ro-
 sen one pound, of bees Wax
 six ounces, and of Sheeps suet
 half a pound, make this plaister
 as I have taught you in my di-
 rections, for the making of
 Oyles, ointments poultisses, and
 plaisters, at the latter end of the
 first Book.

A

This

This plaister is good to cure all sorts of green wounds although ever so deep or dangerous; yea the very leaves of themselves will cure any new cut, saith *Mr. Iohn Gerrard* in his *Herball, lib.2. Chap.390. pag.100.*

“The leaves hereof stamped
“with hoggs greas & applyed in
“manner of a Poultiffe, healeth
“them in short time and in such
“absolute manner, that its hard
“for any that have not had the
“experience thereof to believe:
“and thus he goes on telling of
“a Poor man in Kent (whilst he
“was there by accident with a
“Patient of his) that cut his Leg
“with a Sithe, mowing of pease;
“, the wound was to the bone
“very large, with great effusi-
“on of blood, the Poor man
“(saith he) crept unto this herbe
“which he bruised with his
“hands, and tyed a great quan-
“tity

“tity unto the wound with a
“piece of his shirt, which pre-
“sently stanchd the bleeding,
“and eased the pain, insomuch
“that the Poor man went to his
“work, and so did from day to
“day without resting one day, till
“it was perfectly whole, which
“was in few dayes effected with
“the former poultisse, which did
“as it were glue the lipps of the
“wound together, and heal it
“according to the first inten-
“tion, as we term it, that is, with-
“out drawing or bringing the
“wound to suppuration, or mat-
“ter which was fully performed
“in seven dayes, that would have
“required forty dayes with Bal-
“some and Salve; all this are his
“own words, where he likewise
“tellet of two more admireable
“cures, which was the means un-
“der God to save two mens lives,
“only by a poultisse and ointment

4 *Naturall experiments, or*
made of this Herb, I have much
abbreviated this so remarkable a
story ; but in his Herball you
may see a relation more at large,
and also of the other two cures,
where he names the men and
place of their abroad.

And for the making of oint-
ments, I must referr you to the
end of the first Book which will
exactly shew you the quantity
of every particular.

Another plaister for green wounds.

TAKE Moon-wort, pellitory of
the wall, or Sauine & Plantine;
which of these you can get, and
proportion the same ingredients
to either of these, as I directed
in the first plaister of All-heal;
some of these Herbs may be had
at all seasons of the year.

But if you can, it is best to
make your plaisters, Oyles or
oint-

Physick for the Poor.

ointments whilst these Herbs may be had green, before the sap is out of them.

But if any accident should fall out, and you unprovided with ointments, or plaisters, then make a poultisse (if for a green wound) with some of the Herbs before mentioned, according to my directions at the end of the first Book, for the making of poultisses. *It heals, cools Inflammations Shingles, St. Antonies fier,*

An excellent Balsome for all sorts of green wounds, and for all sorts of Vicers, and Womens sore Breasts.

Take Adders tongue, and All-heal, of each two handfulls, bruise them, and put them into an earthen pot, unto which you must put one pint of Sallet Oyle, cover this pot with a pa-

6 Naturall experiments, or

per & set it in the Sun for twelve or fourteen dayes, then boyl it till you find the Herbs begin to leave bubling, & until the juyce is all gone and the Herb will Crisp; so take a little fine turpentine washed, and as much white virgins wax, then press it out, and put the wax and turpentine to it and keep it for use, for it will be as good or better at three or four yeares end, then when you made it.

Note, this balsome must be made in Aprill, May, or the beginning of Iune, whilst the Herbs are green and may be found, for Adders tongue is not found till Aprill, and quickly perisheth with the heat of the Sun, it heales all sorts of green wounds, old Sores, Womens Brests, Vlcers, Dries, Kibes, Chilblaines, sore legs.

Physick for the Poot.

For Fistula's or old Vlcers.

Make a plaister or ointment of five leaved grass, ground Iuy or plantin, or either of these Herbs, which are the best things that can be used, onely you may wash it mornings & evenings with the juice of plantin to cleanse such sores: *It is good for Gouts, Fistula's, dries Itch, Scabs, inflammations, Shingles, Spots.*

For the Shingles.

Take the juice of plantin, Housleek, and five leaved grass, of each a like quantity, adding to the juice, as much strong Wine Vineger, and mix them together, then dip a linnen cloth therein, and ply it warm to the place: this you must do every three or four houres, for by that

8 *Naturall experiments, or*
time your cloth will be dry:
these Herbs made into an oint-
ment will effect the same cure.
For coolinge hot Vlcers, Inflama-
tions, St. Anthonies fire, burnes, Scal-
dinges,

For St. Anthonies fire, or Vlcers that
arise of hot sharp humours.

MAKE a poultisse of Hemlock
leaves, according to the di-
rections at the end of the first
part, this may be very safely ap-
plied to inflammations, humours,
and swellings, St. Anthonis fire,
and Vlcers, that rise of hot sharp
humors, by cooling and repel-
ling the heat.

Onely be carefull how you ap-
plie this Herb to near the pri-
vities, or bottom of the Belly,
because its an enemy to nature,
by hindring procreation, & also
it hinders lustfull thoughts, or
if

if applyed near Womens Breasts
dries their milk.

An ointment to drye and skin all sores,
Wounds, Kibes, and Chil-
blaines, &c.

TAke Bole-Armonick, Lapis
callaminiaris, of each two
ounces, Red Lead, Cerues, of
each one ounce, Camphyre
half a dram: beat these together
to a powder in a leaden mortar
with a pestle of the same; then
take Sallet Oyl half a pound,
Wax two ounces, melt these to-
gether, and put in your powders
into the Oyl and Wax, over a
gentle fire, stirring them about
till boyled enough; and pour it
out in a pot: stir it that the pou-
ders may not all sink to the bot-
tome; I shall assure you this much
of this ointment, that all the
heads in England never as yet
composed a better. It's an ex-

10 *Naturall experiments*; or
cellent ointment for drying all
sorts of sores and wounds, and
withall is very cooling, it binds
and restraines all fluxes of hu-
mours, skins all sorts of wounds,
Kibes and Chilblains, Perhaps,
our Collidgde Monopolizers
may call this theft or worse, I
wonder from whence they stole
it themselves, if every one knew
as much as some of them they
would be ashamed to call it their
own, when the vertues of all
these simples have bin taught
many years before any of them
wear born, so that by the help
whereof any one may compose
the same upon every occasion,
this you may have ready at all
times at the Apothecaries though
at a dearer rate.

For

*For the biting of a mad Dog, or any
other venemous Creature.*

Make a poultice ointment, or
Oyl of these following Herbs
Beets, Woodsage, Angellica,
and the leaves of Dwarfse Elder-
tree, and apply it to the sore: It
is good for Resists, Expells Poysons,
biting of mad dogs.

*Inward Application for the
same.*

BOyl Woodsage, or Angellica,
and beets, the leaves of Dwarfse
Elder-tree in a posset with a little
Venice Treakle, or for a shift
London Treakle, let this be their
drink mornings and evenings:
It is good for Poysons, Resists, In-
fections, comforts the heart and spi-
rits.

For

12 *Naturall experiments, or*

For black and blew Spots, or Swellings coming of Bruises.

TAKE of the Herb William (by some called Bull-wort,) Cher-vill, or the leaves, or seed of Mustard, of each a like quantity, you may make this as effectually in Oyles, ointment, plaisters or poultisses, and apply it to the place, this disperses Congealed blood, Swellings, black and blew Spots coming of bruises, or any such like accidents about the eyes or face, &c.

Or thus :

TAKE the foregoing Herbs, and bruise them in a mortar, mixing a little of the white of an Egg and some hony, apply this.

For Straines or Bruises.

TAKE one ounce of Oyle of Pepper, one ounce of Oyle of Turpentine,

pintine, half an ounce of Oyle of Roses, and as much Bees Wax, melt it, and mix the Oyles therewith and anoint the place: *It disperseth Congealed blood, Swellings, and comforts the joynts.*

For Straines or Bruises.

TAKE of Camomile, Wormwood, St. Johns wort, red Rose leaves, and barley meal, of each a like quantity, make Oyles, ointments, or poultisses of this and keep it for use: *It is good for Swellings, Tumors, &c.*

Inward applications for a Bruise.

TAKE Irish Slatt, or Sperma Citi, put some in a draught of posset drink, Sack or Beer, let the party drink of this two or three times, put St. Johns Wort in the posset: *This cleanseth, digesterh Bruises, and Swellings in the body.*

To draw out Splinters or Thornes.

TAke common Turpentine, and spread it upon a leather, and apply a plaister of this to the place: *This also cleanseth, draweth Vicers and sores.*

For the same.

TAke of Black Soap, Tar, goose dung, or Hens dung, of each a like quantity, mix them together, and apply it to the place: *This drawes boyls, heats, and comforts joynts and sinnues.*

*For Faces that break out of a
brinie matter.*

TAke Rusty Bacon, warm it to the fire and anoint the place there with: *It dries sale Hamours
Tetteres and Scabs.*

Or thus :

TAKE Bacon, roste it, and let it drop into clean water, anoint the face with it (I mean the drop-pings) not the water, *The same as before.*

For Pimples and Rednesse of the face.

TAKE Camphire, and dissolue it in Vineger, mix this Vineger with Cowcomber water, and Sallendine water; wash the face with this every day: *It kills Tetters, Scabs, Inflammations, Vlcers, St Anthonies fire, &c.*

For Pimpled and Red faces.

TAKE of Water Cresses, Fumitory, Housleek, commonly called Sen-green, Scabious, Cowcumbers, or as many of these as may begotten, and of each a like in quantity, boyle it in clean water, and dissolue some Camphire in the water,

16 *Naturall experiments, or*

water, wash the face with it every morning, warm the head being washed with this water, cures the Dandrif, Scurfe, sores, Itches, as also the Morpew, and Leprosie. This cooleth Inflammations, dries, and is good to wash Vlcers, bitings of Venomous beasts, St. Antonies fire, pains in the head.

For a Burn or Scald.

TAKE Alknet, the leaves or Rinde of Alder-tree, Arsmart, Bears breech, Barbary leaves, Beets, Colts-foot, Cowcombers, Hemlok, House-leek, or Sen-green, or as many of those sorts as may be gotten, make an ointment or poultisse of this and apply it to the place offended. This cooles, dries, and drawes away pain.

For a Burn or Scald.

TAKE Hoggs grease and cleanse it from the skin, melt it hott and

and strain it into cold water, then take two parts of the whites of Eggs, and one part of Sallet Oyle, beat them together, exceeding well till they be like a white ointment; then take Hoggs-grease as much as Oyle, warming the Grease and put in your prepared ointment, mixing them well together, and use it: *It cooles Vnnaturall heat, Assuageth Swellings.*

For Kibes and Chilblaines.

TAke Bees Wax, and fresh Butter of a like quantity; melt them together, spread a plaister of it, and apply it to the place, beware of putting any drawing plaister: for old Humours are apt enough of themselves to fall into the Leggs, you must not draw them, unlesse you intend to make half a years work of it: but if the sore be foul, take Brandywine, and

& as much of the juice of Plantain, mix them & wash the Sore with a linnen ragg. *This heales Mollifies, and heales moderatly asswageth pain, and healeth wounds, Vlcers and increaseth flesh in old Sores.*

For the Itch and Scabs.

TAKE of the leaues of white Beets, Tobacco-stems and Raggwort, of each a like quantity, boyl these with some clean water, putting a litte Vinege, and bathe with this, and it killeth, and health both: *This drieth Tetters, and easeth Inflammations, salt Humours.*

For old Aches in the Limbs and Ioynts.

TAKE Raggwort, Ground Pine, St. Iohns-wort, and Flix Weed, of each a like quantity, make them up an Oyle, ointment or poultisse and apply it to the Ach:
This

*This heats and comforts the Ioynts
and Sinnues, Swellings, and Bruises.*

For blood Shotten and Red Eyes.

TAKE of the leaves of the Wine-
flowers (Herb) and Worm-
wood, bruise them with a little
red Rose Water, adding the white
of an Egge, mix these well toge-
ther, and apply it to the eyes, *It
disperseth Humours in the head, cooles
Inflamations in the Eyes.*

*To take away a Felm or Skin that
covereth the Eyes.*

TAKE Melilot, stamp it in a
morter with a little white
Wine, presse it out very hard with
a presse, and drop two or three
drops at a time in your Eyes,
mornings and evenings, and in
a little time it will take it clean
away; *It strengtheneth weak sight
and cleanseth the Eyes.*

For Eyes that are Blasted.

TAKE a piece of black Sarcenet, and wear it before your Eyes, if you forbear drinking of Wine or strong drink; this of it self will cure them.

To draw back Rheume from the Eyes.

TAKE an Eegge and roast it hard, and peelee of the shell, & slit it in two, apply the one half to the nape of the neck and thou shalt finde ease: It cleareth the sight by drawing back Rheumes from the head.

To cure the watering and Itching of the Eyes.

TAKE one ounce of Lapis callaminaris, neal it red hot in the fire, quench it in half a pint of white Wine, do this seaven or eight times, then beat it into a fine

fine powder and sift it, and put it into the white Wine, keep it close in a bottle for your use, you must drop about four or five drops at a time in your Eyes. *This disperseth rheumes that fall into the Eyes, cleares the sight, and cooles.*

To clear dim Sight.

TAKE green Walnuts, husks and all, and single Wall Flowres, distill them at the time of year when they are green, and wash your Eyes with the water, distill each by it self in their season. *This cleares dim sight, and cooles the Eyes.*

For Aches coming of cold.

TAKE Aquavitæ, Oyle of St. Johns wort, and Oyle of Camomile, mix these together and apply it to the place, for a cold in the head anoint your temples with it. *This strengthens the joynts and*

22 *Naturall experiments, or
and Sinnues that are Shrunk.*

For the Tooth Ach. •

TAke a little piece of Pellitory
of Spain, and chew it in your
mouth, and if Rheum be the
cause thereof, this will purge
the head and draw down the
Rheum.

Or,

TAke Salt, Pepper, and Garlick,
beat then together make this
up in a linnen cloth and hold it
to that side of your mouth where
your Tooth pains you.

*For the Tooth Ach if it be hollow
and rotten.*

TAke Lint, and wet it in Oyle
of Spike, Oyle of Origanum,
or Oyle of Cloves, take the Lint
with the point of a small bodkin
and put it into your hollow
Tooth, but I suppose the best
way to cure it, is to pull it
out,

it, and I dare swear you would
not have him in again, for twice
the worth of this Medicine. *This
perseth Rheum, easeth the Tooth-
ach in one hour.*

A Drink for Womens sore Breasts.

Take Adders Tongue and Com-
fry, of a like quantity, stamp
them and presse out the juice,
drink this with the distilled Wa-
ter of Horstaile: *This cures all man-
ner of wounds in the Breasts, or
Bowels and other parts of the Body.*

To dry up Womens Milk.

Take hemlock leaves, bruise
them, & apply it to the Breasts,
of this also you may make Oyles,
or ointments, & keep it for use.

This applyed to the bottome
of the Belly, stayes lustfull
thoughts, be carefull how you
use it, for 't is dangerous to be
applyed inwardly. *A poultisse of this
Herb, will serve for the use before
men-*

24 *Naturall experiments, or*
mentioned, and may be safely applyed
to St. Anthonies fire, Inflammations,
Humours, and Swellings, it stayeth any
hot and sharp Humours, by cooling
and repelling the heat thereof.

To increase Milk in Nurses.

TAKE the blades of green
Wheat, and boyl them in a
posset made with white Wine,
drink a good draught of this at
night before you go to bed. *It*
increaseth milke and amends the
blood.

For the same.

TAKE the thistle commonly call-
ed our Ladies thistle, and as
much green Wheat, if it may be
gotten, and boyl them in a pos-
set, and drink a good draught of
it every night before your go-
ing to bed, there is scarce any
Herb that grows that breeds bet-
ter milk then this. *It breeds good*
blood

blood and increaseth milk in nurses.

For deafnesse in the eare.

TAKE of Camomile & Worm-wood of each a like in quantity, boyl them with running water very well, then take it of and put a funnell close over it, and direct the end of the funnell to the eare, so that the steem may go into the eare, and stop the eare with a little Black Wool, and go to Bed, but keep your head very warm, in the morning you may do this again, dipping the Black Wool in some strong wine, and squeeze it out and stop the eare with it. *This opens the head, and comforts the head and brain,*

For Noise in the eares.

TAKE ground Iuy, red Beets, and Fig leaves, or as many of them as may be gotten, of each a like in quantity, boyl them in
B water

26 *Naturall experiments, or*

water and let the steem thereof infuse through a funnell into the eare, or you may beat the herbs in a mortar, and strain out the juice thereof, then warm it, and drop two or three drops into thy eare, stopping them close with black wool.

For the same.

TAKE Coleworts and bruise the leaves in a mortar, then presse out the juice, and mix it with as much warm water, so drop two or three drops in your eare, *this will cure you, if it be not of long standing.*

To stop bleeding at the nose.

TAKE the leaves of Perwinckle and chew them in thy mouth.

Or thus,

TAKE half a pint of plantane water (or the juice of the Herb
for

for want of it) and as much Wine Vineger, mix this together and take linnen cloathes and wet it therein, lay ſome to the ſoales of the feet, and ſome on the right ſide where the liver lyeth, and ſome to the palmes of the hands, ſome to the nape of the neck, to the forehead.

To ſtop the bleeding of a wound.

TAke Moſs and bruife it in a mortar, and apply it to the wound.

Or thus,

TAke the leaves of All-heal and Moſs, bruife them, and apply to the wound, and binde them cloſe to it, you may uſe either of theſe alone.

Another to ſtop bleeding,

TAke Cobweb and Pick the fineſt of it, and apply to the place.

To take hair away.

TAKE Aquafortis, and after you have pulled up the hair by the rootes, then wet the place with the Aquafortis, this is strong poison, therefore naught to be used about the eyes.

*To bring hair where it hath bin
Scalded of.*

TAKE Oyle of Tartar, (that which is made by Deliquinium) and wash your head with it, or that part which is Scabby, and in eight or nine dayes your hair will come there again.

To bring hair where Scalded.

TAKE bees about two or three handfulls, put them into an earthen pot, and half a pint of Sallet Oyle, cover it with a Paper, and set it fourteen dayes in the Sun, and make an oyle or oint-

Phyſick for the Poor. 29

ointment thereof according to Art, then put a little Oyle of Tartar to it and anoint the place: *It cauſeth hair to grow where never any was before, it is beſt to put a little Hony to it.*

To ſtay Fluxes or looſnes of the Body.

TAKE Pomegrannet Rine, beat it to powder, then put about one ſpoon full of it in a meſs of broth or poſſet drink.

For the ſame.

TAKE Akorne Cups and beat them to powder, putting a dram thereof to a draught of poſſet drink, uſe this often and you ſhall have eaſe. *It alſo ſtays vometing, ſpetting of blood, bind and dry looſneſſe, all Fluxes of blood in man or woman.*

For Fluxes or loosness.

TAKE the Huskes, leaves, and seeds of dried Red Roses, and Akorne Cups, a like in quantity, beat them to powder, then make a posset with Flix Weed, Purslane, Tormentill, Alknet, or as many of these Herbs as may be had, adding a little Mastich in the boyling, then put in your powder to a draught of this posset: *This stops loosness, moderate Fluxes of blood, womens courses strengthen the back, kill worms in stomach or belly, stops running of the Reins, and whites in women.*

To cure the Headach coming of drunkenness.

TAKE the juice of Iuey leaves, and as much of the Oyle of Vineger, mix them well together and anoint the Temples, Nose and nostrils very well with this:

It easeth paines in the Head.

*To help them that cannot hold
their Water.*

Take the Claves of a Goat,
burn them in a Crucible, or
melting pot, and beat them to
powder, a dram of this powder
in a draught of beer, helps such
as cannot hold their Water..

*For them that cannot hold their Wa-
ter and to stop all Fluxes in man
or woman.*

Take Bistort, by some called
Snakeweed, water Lilly Flow-
ers seed or Root; Rue seed,
boyl these in Wine or Water,
posset drink or such like, and the
Decoction drunk, is very ef-
fectuall for the former distem-
pers, the Roots are effectuall to
coole, bind & restrain all Fluxes
of blood, as also the running
of the Reynes, and the passing a
B 4 way

32 *Naturall experiments, or*

way of the seed, whilst a sleep, and all such like Fluxes, both in man or woman, and also the distilled Water of Snakeweed, and Water Lilly Flowers, are effectually in all things, as these before expressed. This also staies inward bleedings, Vomittings, Abortions, them that cannot hold their Water, running of the Rains, whites and Courses, spitting and pissing of blood, dissolves congealed blood.

To Provoke Vrine.

TAKE Snails, shells and all, burn them in a Crucible or melting pot, till the ashes be white, put half a dram of this in a draught of white Wine, this helpeth them that cannot piss, immediately.

Another to Provoke Vrine.

TAKE Alexander, wild Carrots, Century, Dwarf elder Buds, Gentian, or Fellwort, of each a like

sleep like quantity, and some Broom
 both in seed, make pottage as you make
 the di other Herb pottage, or boyl
 , and them in white Wine, and drink
 re ef the decoction. This is as effectua-
 se be all as the former; and also the
 ies in distilled Water, and cures the
 aborti Green sickness: let such that are
 r Wa with child let this alone, for it
 es and Provokes Urine violently. This
 blood, opens stoppings of the Liver, and
 Spleen, Provokes termes after birth,
 expells wind, Dropsie, helpeth con-
 ception, Stone in the kidnies, mother.

For the Ague.

TAKE Cardus, Century, the
 Roots of butter Bur, of each
 a like quantity, boyl these in a
 posset, adding a few Marigold
 Flowers in the boyling, and a
 little before the fit cometh, drink
 a good draught of this; then go
 to bed and sweat: It opens ob-
 structions, helps Jaundice, Dropsie.

34. *Naturall experiments, or
Agues, Wormes, Crampes, Convul-
sions.*

Another for the Ague.

Take of Germander, plantine,
Stone-crop, Broom Flowers,
Bucks-horn Worm-wood, of
each a like quantity, boyl these
in posset or Wine, and drink a
good draught before the fit
cometh, the distilled Water is
very good for all feavourish
Agues, make a Lemmon or O-
range posset, being very good
for feavourish fits after the
Ague: *This helps Agues, Crampes,
Convulsions, Falling sickness, Paul-
sey, Dullness of spirits, Head Ach.*

Another for the Ague.

Take Germander, and Bucks-
Horn, plantine, of each a like in-
quantity, and as much Bay Salt,
three or four figgs, beat these
together in a mortar, apply some

to the handwrest, and some near the heart, bind this on very close, and change it every eight and forty houres.

For the cold shaking Ague.

Take Worm-wood Smallage, Camomile Flowers, and our Ladies Thistle, or Cardus Benedictus, as many of these as may be gotten, and boyle a handfull of each in a posset, and drink a good draught of this, while the cold fit is upon you : It opens Obstructions, Provokes Vrine, appetite, helps Agues, cold Aches, Cholicke, Stone, &c..

Another for the same.

Take Beares hair, wet it in Aquavita, apply this to the Soales of the feet and handwrests, binding it fast on, this must be changed every night before you go to bed.

*For the Wind in the small Guts, and
Gripes in the Belly.*

TAKE Camomile Flowers, Bay-berries of a like quantity, boyle these in beer posset drink, or white Wine, and drink the decoction; this will give ease in three or four houres. *It helps all paines and torments in the Belly, Bowells, Chollick, Stone, Aches, Provokes sweat, vrine, termes: used in glysters. expell. Wind in Belly or Bowells.*

Another for the same.

TAKE Saxifrage and Marsh Malloves, of each a like in quantity, boyle these in Beer or white Wine, and drink the decoction, then apply the boyld Herbs to your Belly very warme.

*Another for Wind in the Gutts, or
Gripes in the bowels, Belly, &c.*

TAKE Fennellseed, Cominseed
and Anniseed, of each a like in
quantity, and beat them into a
fine powder, then boyle these in
white Wine, and drink a good
draught thereof. Those that are
subject to this disease must a-
void the eating of windy things,
or binding, windy and slymie
meates: as cheese, skin, milke
cheese, milk, drinking sour or
stale beer, &c. use these drinks,
and if you be carefull in what
you eate & drink, keeping your
Stomach and Belly warme, you
shall seldome be troubled with
this disease.

*For the Dropsie and Yellow
Jaundise.*

TAKE Angellica, Wormwood,
Hops Dodder, Fennell Roots,
Endive,

Endiue, Smallage and Suckery
 Roots, or as many of these as
 you can get, boyle of each a
 reasonable quantity, adding one
 part of the inner yellow rine of
 the black Alder tree, make a
 good drink of these and drink
 a good draught every morning
 (the last Medicine for Provoking
 Urine is very effectuall for the
 Yellow-Iandise.) *It helps ob-
 structions of the Liver and Spleen,
 Yellow Iaudice, Provokes Termes,
 Stomach, Urine, Digestion, Cold,
 Wind, Comforts, a Cold Stomach,
 Lungs and Brefts.*

For the Small Pox or Measels.

Take a little Saffran beaten to
 powder in a draught of warme
 Milk, this will comfort the heart,
 and bring the small Pox forth
 kindly, or you may give some
 London Treakle, in a little Dra-
 gon Water..

Note,

Note, that extremities in either kind are dangerous in this disease, for what you give them, must not be too hot nor cold in operation, both of which are dangerous; in giving much of things that are too hot, may cast them into a Fever, in this be carefull and moderate, there must be great care in keeping them not too hot or too cold, while they keep their bed, for a little care intending them may prevent a great deal of trouble and danger.

*To preserve the eyes in the Small
Pox.*

Take white Sugar Candy, and Commiseeds, of each a like quantity, beat them into fine powder and sift it very wet and fine, hold open the eyes, blow some of it through a goose quill into their eyes.

Or

Or thus.

TAke a little Womans Milk
warmed it and put some of this
powder into the Milk, hold open
the eyes, and drop two or three
drops therein with a feather.

*To bring forth the Small Pox, when
by taking cold they are struck in.*

TAke Methridate, Diascordium,
or Bezar stone, you may take
from two graines to five or six
graines, according to the strength
and age of the Patient, but for
letting blood in this case is very
dangerous, yet many able men
have done it; but I must advise
Practitioners to be very cau-
tious for fear of hindring nature,
in expelling the venimous hu-
mours, you may let blood be-
fore the spots or any thing ap-
pear, considering to the strength
and age of your Patient, where
blood

blood doth much a bound, this
is a safe remedy.

*To take away the Spots out of the
Face after they are well.*

TAKE the juice of Lemons and
mix it with a little Bay Salt
beaten into powder, wash the face
gently with this every morning
and evening.

For the Cough.

TAKE Hyssop, Horehound, Wa-
ter Agrimony, of each of them
one handfull, of raisons of the
Sun four ounces, and two ounces
of Liquoris, boyl all these in a
sufficient quantity of water,
strain it & drink a good draught
very often.

For the Rickers.

TAKE a little of the Bark of the
Ash tree Roots, and as much
Rubarb, beat these to a powder,
and

42 *Natural experiments, or*
and steep them in Wine, or boyl
them with Cotten Thistle, Dod-
der, Wormwood, Endiue, and
Succory, steep or boyl of these
as many as may be gotten, and
give a draught every morning
to drink, this cures the Rickets
and strengthens the Liver.

Or thus :

TAke the same Roots and Herbs
before expressed; bruiſe a hand-
full of each and steep them in
new Ale, drink a good draught
every morning, this is effectually
for the Rickets, helps the Drop-
ſie, and Jaundice, and strengthens
the Liver and Spleen, helps diſge-
ſtion and cauſeth appetite.

Outward means thus.

TAke Oyle of Capers & anoint
the ſide, near the Liver, ſoking
it well in by a fire, laying a leaue
of English, or Virginia Tobacco
upon

boy upon the place: this helps those
Doe that are Liver-grown & Rickets,
and may be used with the two
former Drinks..

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Hear

Hear I shall give you the vertues and uses of such simples as are most commonly used in this Nation, that you may know what you make use of in their kindes and degrees.

A
CATOLOGUE
OF
SIMPLES.

Of Cloves.

They are hot and dry in the second degree; they help digestion, the Heart, Brain, Liver & Stomack, stops loosnes, provokes lust, opens obstruction, causeth sweet breath, and helps dim sight.

of

Of Mace.

It is hot and dry in the second degree; it strengthens the Stomach, helpeth digestion, expelleth wind, and comforteth the heart.

Of Nutmegs.

It strengthens the Brain, Somach and Liver, and opens the obstructions thereof: provoketh Urine, and easeth pains of the Spleen, Head and Ioints, comforteth the Heart and Stomach, stops loosenes, & causeth sweet breath: Mace doth the same.

Cinamon.

It is hot and dry in the second degree, four scruples of it in powder, taken in white Wine is very helpfull for Women in Labour, strengthens the Stomach, helps digestion, rough coughs, and

and distillation of humours upon the Lungs, provokes Urine and termes, the foresaid powder causeth speedy delivery to Women in travell, resists Poison, helps difficulty of Urine, an ointment made of this takes away red Pimples, and such like of the face.

Pepper.

It is hot and dry in the third degree, it expelleth Wind, and is good against cold, Greifes of the Breast and Lungs, quickens digestion heats the Stomach, helps the Collick; also Agues and Quinsey, dissolueth and wasteth hard humours.

Ginger.

It is hot and dry in the third degree: it strengtheneth a weak and cold Stomach, expells Wind and heats: it is therefore good for old

old people, it preventeth sower
urine, belching; good for the Gout,
and comforts the Joynts.

Currants.

is of a temperate quallity, they
prevaile against the Vices of the
Breast and Liver, move & purge
the Belly and Head, cleanse the
Breast and Lungs, keeps the Bo-
dy supple, quencheth thirst.

English Liqueur.

is hot and moyst, helps Hoarf-
nesse & roughnesse of the Wind
pipe, diseases in the Kidneys, and
Ulcers in the Bladder, it digests
raw Humours in the Stomach,
helps straight breathing, and is
effectuall for all Salt Humours,
dried and beaten to a powder,
put into the Eye, is a speciall re-
medy for the Pin and Web.

Anniseed.

Anniseed.

Is hot and dry in the third degree, it dicusseth the Wind, and Gripings in the Stomach and bowels, stoppeth all Fluxes and Laskes, both in Men and Women, easeth the Head Ach, and Stone, Falling-sicknesses, breeds Milk in Nurses, helpeth Stinking Breath.

Dill Seed.

Is hot and dry in the second degree; provoketh Urine, expelleth Wind, increaseth Milk in Nurses, stayes vomiting, takes away the Hicket, attenuates dissolues and digests Humours.

Fennell Seed.

Is hot in the third degree, dry in the first; breaks Wind, provokes Urine, and termes; helpeth the Stomach openeth obstructions

Instructions of the Liver, Lungs and kidneys, increaseth Milk in Nurses plentifully.

Mustard Seed.

It heats, extenuates and draws moisture from the brain, the head being shaved, and this applied to it, is an excellent Remedy for the lethargie; it cures Filthy Ulcers and hard Swellings in the mouth, and all Aches coming of cold bruises, black and blue Spots in the face, or Bo-

Sperma Cetive.

It is the sperme of Whales, and is fower in taste, having a sharp quality, it's of a cold faculty, cleanseth and diggesteth, and is sometimes used by Women to clear the skin from Spots and Morpewes, it is most effectually against bruises inwardly taken,

§6 *Naturall experiments, or*
and also outwardly warm to a-
noint the parts contused there-
with.

Sanguis Draconis, or Dragons
blood.

It's cold and dry in the first de-
gree, it cools and bindes excee-
dingly, and closeth up wounds,
confirmeth the weak parts, and
stayeth the Fluxes of wounds.

Mastick.

Is sweet in smell, being a Gum
thats brought from the Isle of
Chio, and is hot in the second
degree, helpeth digestion, stay-
eth vomiting, supports the re-
taining faculty of the stomach, it
also them that spit blood, or are
troubled with a cough, it at-
tracteth flegm from the brain, it
fastneth teeth, strengtheneth the
Gums being chewed in the
mouth, & is good for the breath.

Camphire.

Camphire.

It's of a mixt quality, cooleth;
and asswageth the paines of the
head coming of cold Inflama-
tions, of Ulcers, wounds, and
it cools any place, where applyed:
cureth St. Anthonies fire, is very
good against the Genorrhæa, the
whites or such like Fluxes in wo-
men; bleedings of the nose; a-
gainst venomes and poisons; it
keeps the body from putre-
faction.

Turpentine.

It purgeth and cleanseth the
Reines, helps the running of
them, draweth and cleanseth
Ulcers, Sores, and the like; it
drawes out Splinters out of the
flesh, &c.

Stone Pitch.

It's hot and dry in the second degree; it discusseth, joineth or glueth the lips of wounds, mollifieth, matureth, suppleth the hardnes of the matrix, and hard Humours, cureth Vicers, and filleth them with good flesh, and helpeth cold Aches.

Burgundie Pitch.

It is a kind of Resin of the Pine-tree, being hot and dry, cleansing and healing new Wounds, mollifying hard Humours, or Swellings, and very helpfull against Aches of the limbs proceeding of cold.

Bees Wax, or Yellow Wax.

THis mollifies and heats, moisteneth temperatly: it mends Milk in Womens breasts and keepes it from curdling, and assuageth

drageth pain, healeth wounds and Ulcers, fills Sores, with good flesh, and hath usually a place in all good ointments and plaisters, it is very helpfull, drunk or eaten, to cure the exulcerations of the stomach, or Intails: its also effectuell, ten grains at a time for the bloody Flux.

Honey.

It is of a gallant cleaning quality, exceeding helpfull for all inward Ulcers in what part of the body whatsoever, it opens the veines, cleanseth the Reines and bladder, the great discommodity of this simple is, that it is soon converted into Choller.

Allum.

It is stringent, yet purging, helpeth putrified Ulcers, dryeth the moist, takes away proud

54 *Naturall experiments, or*
and superfluous flesh, in wounds,
if you burn it to a fine powder
strewing it therein, it takes a-
way the Itch, and cureth the
Scabs, and fasteneth loose teeth.

Erimstone.

Is hot concocting & desolving,
it profiteth the Asthmaticall
Cough, Collick, Greife, Rheumes
and Distillations, cuts tough and
rotten Flegme, it helps Lether-
gies, being snuffed up in the nose
inwardly the Yellow Jandies, and
kills Worms in the Belly, if
mixed with a little Salt Peter, u-
sed outwardly in ointments it
cureth breaking out of the Bo-
dy, as Itch and Scabs, and also tet-
ters, Ringworms and Scurffe.

Cernise.

It cooleth, dryeth and bindeth,
gently represseth hard Swellings,
or growings in the flesh, and
bringeth

Bringeth deep wounds to a Scar,
and is very good against the heat
and excoriations of the Yard,
within the passages, being mixed
with a little plantine water.

Red Lead.

It hath a forceable binding and
mollifying, filling up hollow Ul-
cers, with flesh, brings down
proud flesh, it cooleth, dryeth,
and clooseth up wounds.

White Lead.

It is cold in the second degree,
it's an excellent remedy against
Inflamations, Stiffe and hard Ul-
cers, Cankers and Fluxions of
the Artickles.

C +

DRINKS

DRINKS
for
PURGING
The
BLOOD.

Take Brook-lime, Water-cresses, water Agrimony, the tops of young Nettles, March Scurvy-grass, Cleavers, and the tops of the dwarfe Elder, or as many of these as you can, you may make pottage of them as you use to make Herb pottage, and eate a mess thereof every morning.

Or you may tun a small vessel full of new Ale, putting a handfull of each of these Herbs before expressed, & bruise them with a handfull of Worm-wood, put them in, and stop the vessel very close till it be a little staler.

Gstaler, and drink a good draught of this every morning, fasting for one hour after it, this purgeth the Blood and Body from all ill humours that would destroy health, open the obstructions of the liver and helps the Drop sic and Yellow Jaundice, Mollifies the bardnes of the Spleen, helpfull for the Scurvy, and is very effectuall to break the stone and pass it away, provoke Vrine and Womens diseases, and it breeds good blood. It refines Blood, Liver, amends the Spleen, Jaundice, Vrine, provokes termes after birth, Green Sicknesse, Leprosie, cleans the Sight; but if you boyl them in it, it will be better.

To strengthen a weak back.

Take Knot-grass, Comfrey, and Alknet or as many of these Herbs as you can get and of each a handfull, boyl these in Tainte

58 *Naturall experiments, or*

or Muskadine posset, or else you may boyl these in broth made of a Knuckle of Veal, with some raisons of the Sun, Cloves and mace, this broth you must drink every morning: *It helps Spitting and Pissing of Blood, Fluxes and Vomiting of Blood, running of Rains, comfore the back, Ioints and Sinues.*

Now I shall give you some directions for Purging, but I will be more breif then I thought to have bin, and I shall desire Ignorant people not to use them unlesse upon urgent occasions, for they weaken nature very much, he is not a wise builder who weakens his foundation, therefore Purging and Vomitting is no friend to nature, I have told you to make drinks for all most every inward distemper in the Body or Blood, to which I shall refer you, finding the disease and the cause thereof, you may proportion

portion your Herbs, and Medicines futable to it, and make a drink therewith, this is enough, if thou art but diligent & Ingenious in observing this Method.

Of Purging.

TWO things are to be considered, first what humour it is that offend. 2. The same humour must be evacuated or drawn away by Purging. 3. By what Medicine this must be effected, for as the same humour is not a like in all, so will not the same Medicine agree with all, for should one give you a plaister for a fore Toe, and you apply it to your little Finger, when would it be cured: yet this is not all; for those humours that are to be purged are flegme, Water, Choller, Melancholly, or Sero-fous humours, for should you take a Medicine that must purge
Choller

60. *Naturall experiments, or*

Choller in a disease proceeding
from flegme or watry humours,
truly in stead of mending you
would marre all, (take this as a
reasonable caution) as I told you
before, so I say again, vomits and
purges weakens Nature and
Spirit: for should you purge the
contrary humour, let any one
judge, whether it doth not im-
payre nature rather then repayre
it. I must be plain with you here-
in, for it's a truth that the work
of charity in many Physitians,
puts poor people upon danger-
ous attempts (sometimes) to take
Medicines that any one will give
them, before they know any
thing of the cause of their di-
stempers, or the humour offen-
ding, only find themselves, to
be sick.

Medi-

Medicines for Purging.

NOW it appears that Purging Medicines were appropriated to certain humours, the superfluity of which causeth diseases in the fraile body of man, and of these such as proceed from blood are not to be remedied by Purging, but the humours that are to be purged are those I told you of before; Sutable to viz.

Hu- mours.	{	Flegme.	{	the nature of
		Water.		these, must
		Choller.		you make
		Melan- cholly.		choice of

 your purging Medicines, to which end I have given you a Catalogue of Simples as they work upon every humour.

Simples Purging Choller.

First Gently: secondly strongly:
Hops, Century, Aloes, Worm-
wood

62 *Naturall experiments, or*
wood, Mallowes, Peach-leaves
and Flowers, blew Violets, Da-
mask Roses, Mercury, Cassia Fi-
stula, Citron, Tamicinds, Ingra-
balans, Prunes, Rubarb, Rho-
phontick, Manna.

Purging Flegme.

Broom Flowers, Elder Flowers,
Hysope and Hedghysope, In-
grabalans, Bellerick Cubebs and
Emblicks, the Seed of bastard
Saffron, Broom Iallap, and Me-
thoacan.

Purging Watry Humours.

The Leaves, Bark and Roots
of Elder, and dwarfe Elder,
or Wallwoort, Elder Flowers,
Broom Flowers, Agarick, Me-
thoatan, Orris, or Flower Deluce
Roots.

Purging

Purging Melancholly.

Senna, Fumytorie, Dodder,
Epithimum Indiæ, Myroba-
lans, Polipodium, Whey, Lapis
Lazuli.

Choller.

Violent Simples Purg Chol-
ler, as the Seeds of Spurg, the
Bark and Root of the same Sca-
mony, Elaterium.

Flegme and Water.

Elaterium, Euphorbium,
Spurg, Opopanax Sarcocolla,
Briony Roots, Turbith, Hermo-
daetils, Clocinthis, wild Cow-
cumbers, Sow Bred, Mezereon,
Squills.

Melancholly.

Black and white Hellebore.

Note. Secondly observe this
that such as are gentle, are only
to

64 *Naturall experiments, or*

to be given to delicate and tender bodies, whether the body be weak naturally, or so by sicknes, in such cases give no vomits, for the fundament was created to voyd the excrement and not the mouth, it weakens and corrupts the Stomach: for chusing of purges, let such as belong to Flegme and Melancholly, be mixed with such things as are thin in substance, & of a cutting quality, because the humours are tough: gentle Medicines will serve to draw away Choller and Water, unless the remote parts of the body be offended with Water, then it must be more violent to draw them thence.

If you prepare the body beforehand, then the gentler Medicines will serve as well, and more safer then strong: And therefore to such Medicines as Purge Water, adde cutting Medicines to them,
and

and they will purge flegme.
Take notice that such Medi-
cines as have a binding quality in
them are naught for tough
flegme and Melancholly, for
these humours are tough, so that
Medicines of a binding nature
hardens these humours, the
chiefest Purging Medicines that
leave a binding quality behind
them are these, Aloes, Worm-
wood, Damask Roses, Rhubarb,
Rhapontick, Myrobalans, all the
sorts of them, Prunes, Tama-
rinds, &c.

Preparations for Purging.

1. If it must be strong, take some
Lenitive or gentle Purges, or
else a glister before you take it,
to open the passages.

2. After a Purge taken, let it be
two houres ere you drink, and
five or Six ere you eat.

3. Let your stomach be empty
when

when you are to take a Purg, least being mixed with the nourishment, they loose their force, and so nature turn them into nourishment, thereby corrupting the blood.

4. Gentle Purges or Pills may safely be taken at night, but beware of eating sweet things after Purges: for the Liver hath an attractive power over sweet things and drawes them so greedily, that they soon turn the Purge to Aliment, or nourishment, which will mischief the Body, by corrupting the blood, &c.

5. If the matter be tough viscous, and of long continuance, it is impossible to carry it away all at once: your way is then to take Lenitive Purges, or Pills, and take them often, (provided that it be such as are propriated to the distemper) the hard Medicines, as Pills, or such like are fit-
test

rest for this business, because they do not work so soon, and lye longer in the Body.

6. Use no strong Burges, if weak will serve, for you had better take one too weak, then too strong, for there is less danger.

7. Consider the state of the part afflicted and comfort it; else you destroy nature; the brain is cold, or should be the coldest of the whole body, and the heart is hot.

8. All opening Medicines, & such as provoke Urine, the Termes, or break the stone, may more effectually be given in white Wine; because it is of it self of an opening nature, and cleanseth the reines.

9. Let such Medicines as are taken to stop loosnes be taken before meat, about an hour, or thereabouts, that so it may strengthen the Stomach and retentive

tentive faculty, but such as are used to vomit up their meat, must take those things that stay vomiting presently after meat, that so they may close up the mouth of the Stomach, and strengthen it.

10. Receive this as a generall rule, that such Medicines as are hot in the first degree, are most agreable to our body, because they are nearest to the heat of our blood.

I have taken care to informe thee some what in the nature of Purging, and have given thee all the needfull cautions that I thought necessary, that thou maist know, when thou hast the right, and when the wrong instrument in thy hand, for I suppose that any one that have but twice as much braines as a goose, may not easily erre, therefore I have better thoughts of thee
(kind.

as are kind Reader) which if thou art
meat, but able, by this to compound
t stay sufficient dose to purge any
meat, humour, with respect unto the
p the age and strength of the patient;
and then what I have written, and shall
write, may be helpfull to thee,
the proverb goes, *That footes will
be meddling*; But I would not have
most proverbs so verified, that every
cause fool shall be a Physitian. Now for
t of your better information, I shall
give you the definition and
Symtomes of every Complexion
briefly.

I. *Symtome of Choller.*

LEannes of the Body, Costi-
venes, holloweyes, angry
without cause, a tasty disposi-
tion, Yellownes of the skin, bit-
ternes in the throat, prieking-
paines in the head, a pulse swifter
and stronger then ordinary, the
Urine high colloured, thin and
brighter,

brighter, trouble some sleep, much dreaming of fire, lighting, anger and fighting.

2. *Symtome of Blood.*

THe veines bigger, or at least they seem to be fuller then ordinary, the skin red, and as it were swollen, pricking paines in the sides, and about the temples, shortnes of breath, head ach, the pulse great & full, Urine higher colloured, and thick, dreams of Blood.

3. *Symtome of Melancholy.*

FEArfull without a cause, fearfull and foolish imaginations, the skin rough & swarthy, leannes, want of sleep, frightfull dreams, fowernes in the throat, the pulse very weak, solitarines, thin & clear Urine, often sighings, &c.

4. *Symtome of Flegme.*

Sleepines, dullnes, slownes, heavynes, Cowardlines, forgetfullnes, much spitting, much superfluities at the nose, little appetite to meat, and as bad digestion, the skin whiter, colder, and smother then it was wont to be, the pulse slow and deep, the Vrine thick and low coloured, dreams of raine, floods and water, &c.

These things thus premised, I shall now shew you the virtues of such simples as have the greatest influences in purging these humours, according to the Judgement of the best Authors, and the Colledge of Physitians, If any should inquire why I make so much use of their Medicines, or Method, you may answer by way of query, that is, from whence they had them, if from

from Dioscorides, Gallen, Mesne
or severall others, I hope they
cannot call that wholly their
own, neither can I have so hard a
thought of them as to think, that
they do expect any should mend
their method, that so many of
them have spent so much time a-
bout, although I have taken
some paines in this method, to
bring it to a small price, for the
relief of poor people, and if any
of the Simples herein contained,
do sute in the virtues with the
same in theirs, let them not
blame these, if they themselves
write true therein, as I suppose
they do, or many antient Au-
thours for them, for I desire not
to set people to trying of con-
clusions in Physick, therefore I
composed this method of En-
glish Herbs, Roots, Seeds,
barks and Flowers, or some such
like things that are very com-
mon

common and well known, and in any of these, where they speak truth: if I speak truth, I must speak the same with them.

A Catalogue of Purging Simples, their virtues and uses.

First of Rootes

Of Rubarb.

IT gently purgeth Choller from the Stomach and Liver, opens obstructions, withstands the Dropisie, Hypochondriak Melancholly: a little boyling takes away the strength of it, therefore it is best to slice it thin, and steep it all night in white Wine, in the morning strain it, and drink the white Wine. The Dose if your body be any thing strong you may take two drams of it at a time: it purgeth but gently, and leaves a binding quality behind it, therefore dried a little

74 *Naturall experiments, or*
by the fire, and beaten in powder, is
usually given in Fluxes. There are
Syrops with Rubarb in them.

Of Briony Roots, White and
black.

THEY are both hot and dry,
some say in the third degree,
and some say but in the first: they
purge Flegme and watry hu-
mours, but they trouble the Sto-
mach, they are very good for
Dropfies; the white is most in use
and is admirable good for the
fits of the mother: both of them
externally used; takes away
Freckles, Sunburn, and Mor-
pew from the face, and cleanseth
filthy Ulcers.

Of Wild Cowcomber Roots.

THEY purge Flegm, and that
with such violence, that I
would advise such as know not
how

der, is how to correct it, to be carefull
re are how they use them.

Artichokes.

dry, **T**His purgeth Urine, whereby
gree, the Rank savour of the Body
they is much amended.

*Of Dwarfse elder, or Wall Wort
Roots,*

Sto- **T**Hese are hot and dry in the
for third degree; the roots are
n use as gallant a purge for the Drop sic
the as any under the Sun, which be-
hem sides the authority of the an-
away cients, was oft approved by that
Mor- famous, Dr. Butler of Cam-
feth bridge. This dose you may take
a dram or two drams in white
Wine if the patient be strong,

Of Hellebore Roots white and black,

that **W**Hite Hellebore or Sneez-
at I wort, being grated & snuffed
not up the nose causeth sneezing, it
ow **D** **2** purgeth

purgeth Melancholly: some are of opinion, that this is but a churlish medicine, therefore use it with discretion.

Black Hellebore Roots.

BOth this and the former are hot and dry in the third degree, but nothing so violent or dangerous as the former: Authors agree in this, that the Roots of this boyled in Vineger, is an admirable remedy against Scabs, itch and leprosie: the same helps the Tooth ach being held in the mouth, and dropped into the eares, helps deafnes comming of Melancholly, and noise in the eares, corrected with a little Cinnamon powder, purgeth Melancholly and madnes: you must boyl these but very little, for the strength will go away in vapour.

Of Spurge Roots, the greater and lesser.

THEY are both taken inwardly, and purgeth Melancholly, but too violent to be used by it self: outwardly in ointments they cleanse the skin, and take away Sun burnings.

Butchers Broom or Kneeholly Roots.

THEY are meanly hot and dry: provokes Vrine, and breaks the Stone, and is helpfull to such as cannot piss freely, boyl them in white Wine, and drink a good draught of the decoction in the morning.

Of Century Roots, the greater.

I Had almost forgotten to mention this, because it is very dear & hard to begotten in England, it helps such as are bursten, such

78 *Naturall experiments, or*

as spit blood, shrinking of sinews
shortnes of wind, Coughs
Cramps, Convulsions, half
dram in powder being taken in
wardly in Muscadine, or a de
coction of the same Roots.

Of Hermdactilis Roots.

THis is hot and dry; purgeth
flegme, especially from the
joynts: therefore are good for
Gouts and other diseases in the
joynts. It must be corrected
with long Pepper, Ginger, Sina-
mon or Mastich.

Of Mallorves Roots.

They are cool and digesting,
resist poison, and help Ero-
sions, or gnawing of the bowells
or other parts, as also Ulcers in
the bladder.

Of Mechoacan Roots.

MEchoacan Roots are temperate, yet drying; purgeth flegme, chiefly from the head and joynts, it is good for old diseases in the head, and may safely be given, even to feavourish bodies, by reason of it's temperature, it is also profitable against Coughs and paines in the reynes, the French Pox, you may take a dram at a time.

Of Polypodium Roots, or ferne of the Oake.

IT is a gallant, though gentle purger of Melancholly: I suppose *Muse* was one of known abilities, whose opinion is, that it dries up superfluous humours, takes away Swellings from the hands, feet, joynts, and knees, stiches and paines in the sides, infirmities of the Spleen, Rickets,

Do *Naturall experiments*; or

This must be corrected with Ginger, Anni-seeds or Fennel-seeds. Your best way to take it, is to bruise it well, and boyl it in white Wine, till half be Consumed, you may put in little or much suitable to the strength of the patient; for it works very safely; you may use that which grows upon the ground, 't is all together as good to purge Melancholly.

Of *Rapontick, or Rubarb of Pantis.*

IT takes away windines, and weaknes of the Stomach, Syghings, Sobblings, spitting of blood, diseases of the Liver and Spleen, Rickets, &c. The dose: this is stronger then the former, one dram at a time is enough: it will purge a little but binde much, and therefore fit for foul bodies that have Fluxes.

This
D
of

Of Turbith Roots.

THIS purgeth flegme, being hot
in the third degree, cheifly
from the outward parts of the
body: *its corrected with Ginger or
Mastic.*

Barks,

*Of Pome-Citrons, or the rindes
of them.*

THE outward pill goes by no
other name then this. It
strengthens the heart, resists poi-
son, amends stinking breath,
helps digestion and comforts
a cold Stomach.

Of Dwarfse Elder-bark.

Dawrse Elder-bark is of the
same use with the Roots.

Of Elder-bark.

THE Bark Roots and branches,
purgeth water, and helpeth
Dropfies,

*Herbs of Agarick: it's bred of
plants.*

IT purgeth Flegme, choller and Melancholly from the brain, Nerves, musles, and marrow: (but more properly the brawn of the back; it cleanseth the Brest, Lungs, Liver, Stomach, Spleen, Reins, Womb, Ioynts, it provokes Urine and Terms; kills Worms, helps paines in the Ioynts, and causeth a good colour; it is seldome taken by itself: you may take a purging Syrop of Roses with Agarick in it: a weak body may take one ounce of this in Syrop: but if you add any other thing to it (according as your distemper require) one ounce may be enough. They are alwayes ready made at the Apothecaries, and as for purging Syrops, made with some of these simples, and such

of them you may mix with your
purges to make them up.

Of Worm-woods.

They are all hot and dry in the
second or third degrees: the
Common sort is thought to be
hottest; they all help weakness
of Stomach; cleanse Choller; kill
Wormes, open obstructions, help
Surfeits, clear the Sight, resist
Poison and cleanse the blood.

Of Century the greater.

For this Herb see Roots of
Century the greater.

Of Century the Lesser.

This is a present remedy for
the Jaundice; opens the ob-
structions of the Liver, Gall and
Spleen, purgeth Choller, helps
the Drop sic and Gout, purgeth
the Stomach, cures Green
Sicknes: it is only the tops and
Flowers.

Flowers that are usefull; the dose you may take a dram inwardly in powder, or half a dram boyld in posset drink.

ed in vi b banded l h e u e HT
ed r : 22970 **Herbs.**

ed or in d u p d i t r o
ed or in d u p d i t r o **Of Dwarfse Elder, or Wallwort.**

IT's hot and dry in the third degree, it waits hard Swellings, being applyed in the manner of a pultis; apply the leaves to the place, helps Burnings, Scaldings, the birting of mad Doggs, mixed with Bulls Suet, is a present remedy for the Gout, taken inwardly is a singular purge for the Droplic and Gout.

ed or in d u p d i t r o
ed or in d u p d i t r o **Dodder of time or. Epishimum.**

TO this you must add common Dodder, that usually growes upon Flax, every Dodder retaines a vertue of that Herb or plant, whereupon it growes,

rowes, as Dodder that growes upon Broom, provokes Urine forcibly, and loosens the belly. Dodder of time is hotter and dryer then that which growes upon Flax, even to the third degree: it helps infirmities of the Spleen, purgeth Melancholly, recovers drooping Spirits, helps the Rickets; that which growes on Flax is excellent for Agues in young Children. Dodder that growes on Nettles, provokes Urine exceedingly. To use it you must boyl them in whitewine or steep them. Boyl Dodder but a little while, for it looseth the strength in long boyling.

Of Fumitory.

It's cold and dry; it openeth and cleanseth by Vrine; helps such as are itchy and Scabby, clears the skin, opens obstructions of the Liver and Spleen; helps Rickets,

Rickets, Hypochondriach, Melancholly Madnes, Frenzies, quartan Agues, loosneth the Belly: it gently purgeth Melancholly and dry Choller, if you remember, I have given you a rule, to boyl all opening and cleansing Medicines in white Wine, because it is of an opening and cleansing nature.

Of Broom and Broom Flowers.

HOT and dry in the second degree: cleanse and open the Stomach: breaks the stone in the Reines and Bladder, helps the Green Sicknes, the Flowers purge water, and are good in Dropsies and such like diseases; they differ but very little or not at all from the Herb: let such as are troubled with heart qualings, or fainting forbear it, for it weakens the heart and Spirit Vitalls.

Of Sowbred.

Its hot and dry in the third degree; and is a very violent, and dangerous purge; let no Woman with child somuch as touch it, for Dioscorides and Plynie say, it will make a Woman miscarry, if they do but stride over it.

Of Hysop.

THIS helps Coughs, shortnes of breath, Wheezings, distillations upon the Lungs; it is of a cleansing nature: kills Wormes in the Body; amends the whole colour of the Body: helps the Dropfie and Spleen, sore Throats and noise in the Eares. For diseases coming of cold, you may use the Syrope; 't is effectual.

Of Mallows.

THe best Authors account common Mallows to be the best, being cold and moist in the first degree: they are to be used in the bitings of venomous beasts; the stinging of waspes, &c. inwardly they resist poison, provoke stool; outwardly they assuage Swellings of the privaties, or other places, in Glisters they help roughnes and fretting of the Gutts by wind, bladder, or fundament; boyl them in water and drink the decoction.

Mercury, Male and Female.

BOth are hot and dry in the second degree, (cleansing and digesting: they purge watry humours and further conception.

Of Mezereon, or Spurge Olive.

THis purgeth violently, and is dangerous, unless guided by
more

more then an ordinary head-piece.

Of Peach leaves.

They are gentle, yet a compleat purger of Choller, & diseases coming from thence, fit for Children, because of their gentleness, you must boyl them in white Wine, an handfull is enough at a time.

Of Senna.

IT heats in the second degree, & dryes in the first, it cleanseth, purgeth and digesteth; it carryeth downward, both Choller, Flegme and Melancholly, it cleanseth the Brain, Heart, Liver, Spleen; it revives the Sences, opens obstructions, takes away dullnes of sight, preserves youth, helps Melancholly and madness: the windynes of it, corrected with a little Ginger. You may boyl half an ounce at a time,

a time, this is a sufficient dose for a reasonable person, remember what you are told, better three times to little then once to much.

Of Spurge.

It's hot and dry in the fourth degree, purgeth Choller, being a violent simple: take not this simple, if you should, 't will be but simple work.

Flowers.

Of Saffron.

Saffron powerfully concocts, and sends out what ever humour offends the body, drives back Inflammations, being applyed outwardly increaseth lust, provokes Vrine, it comforteth the heart, and makes it chearfull and merry.

Of Hops.

Hops opens stoppings in the Bowels.

Of Red Roses.

They Coole, binde & strengthen, both vitall and animal; restore such as are in Consumptions.

Of Blew Violets.

They coole and moisten, provoke sleep and loosen the Belly, resists feavours, helps Inflammations, correct the heat of Chol-ler, ease pain in the head, help the roughnes of the wind pipe, and diseases in the Throat, Inflammations in the Brest & Sides, Plurifies, open stoppings of the Liver, and helps the Yellow Jaundice.

Fruits

Fruits.

Of Cubbes.

They are hot and dry in the third degree; they expel wind, cleanse the Stomach of tough and viscous humours, they ease the pains of the spleen, and help cold diseases of the Womb, they cleanse the head of Flegme, and strengthen the brain, they heat the Stomach and provoke lust.

Of Cassia Fistula.

This is temperate, gently purgeth Choller and Flegme, clarifie the blood, resisteth Feavours, cleanseth the Breasts and Lungs, it cooles the Reins, and thereby resists breeding of the Stone, it provokes Urine, and therefore is exceeding good for the running of the Reins in Men and whites in Women.

Of all the sorts of Myrabalans.

They purge the Stomach, the Indian Myrabalans purge Melancholly most, the other, flegme, but take heed you do not use them in stopping of the bowels, they are cold and drie, they all strengthen the Heart, Brains and Sinews, strengthen the Stomach, relieve the Sence, helps heart qualmes and tremblings; this simple is seldome used alone.

Of Prunes.

They are cooling and loosening, quench thirst, &c.

Of Tamarinds.

They are cold & dry in the second degree, purge Choller, cool the blood, and stays vomiting; helps the Yellow Jaundice, quench the thirst, it cooles hot Stomachs

94 *Naturall experiments, or*
Stomachs and hot Livers.

Lyquors and Rozins.

Of Aloes.

It purgeth Choller and Flegme,
and with such deliberation, that
it's often given to withstand
the violence of other purges:
it preserves the senses, helps the
apprehension, it strengthens the
Liver, and helps the Yellow
Iaundice; but it's naught for
such as are troubled with the He-
morrids, or have Agues: I sup-
pose, it is better to buy Washed
Aloes, it being better for use.

Of Elaterium & the way to make it.

THIS purgeth Choller and
Flegme, with much violence,
being made of Wild Cowcom-
bers: take them almost ripe, and
cut them with a knife, upwards,
and gently presse out the juice
thereof with your foremost
finger

finger, let it run through a seive into a glassed vessell, then let it stand till it settles, and power of the clear water: and that which settles you must drie in the Sun: this is held by some to be as strong, if not a stronger simple then the Roots of wild Cowcombers. *See Roots.*

Of Manna.

It is temporately hot; and of a very inlarging and dispersing quality, windy, it cleanseth Choller gently, also the Stomach and Throat; it is good to purge those that are Scabby, being melted in Milk, strain out the dross, the dose, you may give a child one ounce, if elder and stronger, give proportionally.

Of Scamony, or Diagridium.

IT is known by either name, and is a dangerous purge, hurtfull

96 *Naturall experiments, or*
to the body by reason of its
heat, windines, corroding, or
gnawing, and violence of work-
ing, I must advise the unskilfull
to let it alone.

Of Opopanax:

IT doth dissipate and disperse
wind, and is Laxative, and also
it's of a heating mollifying and
disgesting quality.

*Of whey, I need not tell you
what this is bred of.*

It attennuateth & cleanseth both
heat, and Melancholly, but espe-
cially helpfull to Melancholly,
& madnes coming of it, it opens
stoppings of the bowells, help-
eth such as have the Dropsie, and
are troubled with the stoppings
of the Spleen, Rickets, and Hy-
pocondriack Melancholly, and
for such distempers, you may
make up all your Physick with
whey,

whey, outwardly it cleanseth the skin of such deformities as come by the fore mentioned diseases, as *Scabs, Itch, Morpheus, Leprosie, &c.*

Of Lapis Lazuli.

IT purgeth Melancholly being taken inwardly; if outwardly worne as a Jewell: it makes Men chearfull, fortunate and rich.

Rules for Correcting of Purges.

There are many things to be considered in purging Medicines, either by correcting or helping forward. Some work too violent, & others too slow, which may in part be known, either before or after: you know I have in another place told you, that they may prove dangerous to the Stomach, nature, &c. Therefore you must mix some things with them, which may strengthen

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the

98 *Natural Experiments, or*
the heart and Stomach.

For note the gentlest purges that may be had, are subject to one ill quality, which is, they are easily turned to wind, therefore mix such things with them, as expell wind.

I shall give you a Catalogue of such Simples that expell wind, to correct the discommodity of such purges, and none but ordinary things as Senallage Seed, Gromwell, Bazill, Bennill Anniseeds, some of which I believe the poorest of people are not without, or at least Ginger, which is as good as any of the former.

For although lenitive or weak Medicines may not be windy of themselves; yet by their heat, they stir up wind, although they meet with Flegme or Melancholly.

Violent purges by their sharp gnawing quality, are hurtfull to the

the bowells, which must not be corrected with binding Physick, for then it will stay it too long in the body, and nothing is more dangerous, but they must be such things as make slipperie, lenyfie and some thing thicken; such things are most proper for them, as Quince seeds, Mallows, Gum Dragon, and such like.

Now after the purge is given, it may offend these two wayes; first, by not working at all, or else by working too violent, if it work not at all, take hot broths; if it work not then, take a Clyster.

But there are many evils that follow, if a purge work too violent, and very dangerous; for there may follow these, or any one of these consequences, and many people know not from whence they come.

First feavours : 2 ly. Head Ach.
3 ly. dizines in the Head. 4 ly. Loss
of appetite. 5 ly. Weaknes of dis-
gestion; 6 ly. Weaknes of sight.
7 ly. Ulcers in the Bowels.
8 ly. Hitchcoughs. 9 ly. Bloody
Fluxes. 10 ly. Tenasmus. 11 ly.
Weaknes of the body. 12 ly. Con-
vulsions : if you find these, or
any of these signes after purging,
you may be sure that your purge
was not proper for your distem-
per, or else it wrought too vio-
lently, which if so, you must
make all the haste you can to ease
your body of it for (it may be the
body will not be clear in 3. or
4. dayes) which may be done by
drinking much Barley water, or
warm any clean water, wherein
the Seeds of Flewort, or the Seeds
of Quinces, or Gum Dragon
is dissolved : the Seeds must
be bruised, and boyl in the wa-
ter, or for want of this, boyl two
hand-

handfulls of Mallows in a quart. of water, till they come to a pinte, and drink it: if this do no good, take some more.

But whether have I run, I promised to give some directions for purging, and I hope no one that is ignorant herein, will take it amisse in regard I have bin better then my word, rather then worse, and truly freinds I suppose that here is enough to make every one that have any ingenuity to studie to understand this Method, I say 't is able to make him his own Physitian, and it may be helpfull to many others that are poor, I must confess, there have bin many able heads imployed in things of this nature, and have wrote more largely and farther in it, but truly I fear their ends are farther off, that is, drawn from helping the poor, after covetousnes and

the vanities of the world, not minding that they shall once give an account for all things they have done in this world, whether for good or evill, and shall receive their reward accordingly: But to the matter in hand.

Indeed there have lately bin some books of Physick published in print, but those answered not my intentions in this, for they being most of them that were worth any thing, to dear for the poorer sort, for many will adventure of a small price upon a book, that will not go to the price of a large volume, & know not whether they can understand it or no.

I must give you one caution more concerning purging, that is, to use as little of those dangerous and violent Simples, which possibly may do you more harm then good, I mean such as
are

are violent of the Ioutlandish
drugs, being you are furnished
with variety of Simples to purge
every humour, take such of them
as you know that grow here in
England, and reason tels us, they
are most fit, for such bodies as
have bin born and bred here, and
truely if I confesse but the plain
truth, they have effected their
particular ends with good suc-
cesse in that little practice that
I had, but for the doses of purges,
it is impossible that I should safe-
ly prescribe such generall rules,
but they must certainly do more
harm then good, but for some
of the Simples I have given you
their particular Doses, but in
compound Medicines, there are
many of them together, some
stronger and some weaker, and
these are proportioned accord-
ing to the humours that most
predominate; so that by this,

and what I have elsewhere written, thou mayest be furnished with directions more then thou knowest how to ask, remembring this, that thou mayest take three times too little, rather then once too much. Minde my former instructions, and thou canst not erre.

Directions for making Oyles,
Ointments, Pultises and Plaisters,
of all sorts of Herbs,
Budds, and Flowers.

For making of Oyles.

HAVING bruised the Herbs,
Buds or Flowers, put them in
an earthen pot, and to every two
handfulls of them put in a pinte
of Sallet Oyle, cover the pot with
a paper, and set it in the Sun,
letting it stand there for a fortnight or less, if the Sun be at his
heighth, or hottest season, as in
May

May, Iune or Iuly: and after let it stand a little by the fire to warm; then press it out very hard in a press: or you may for a shift let it stand in some warm place by the fire, to distill it as before you did in the Sun, if you cannot have that opportunity: after you have pressed them, adde as many Herbs bruised as before, and put it with the Oyle in your pot, setting it in a warm place by the fire or in the Sun, as before to distill, when 't is so done, press them, and adde some bruised Herbs as before, cover and distill them again; do this two or three times: for the oftner, the better and stronger, and when you have thus done, boyl them together, till the juice be all consumed, as you may easily know, for when you see that it hath left bubling, then with a ladle or some such thing press it

E s

down.

down and you shall perceive the juice is boyled out: for the Herbs will be crisp and dry, then take it of, whilst it is hot, and strain them; but if you would use Oyles about Wounds or Ulcers, you must adde to every two ounces of Oyle, one ounce of Turpentine, dissolued over the fire in the Oyle. For Oyle of it self is naught for Wounds or Ulcers.

For making of Ointments.

BRuise your Herbs, Buds, Flowers or Roots; and to every two handfulls of the bruised Herbs, put one pound of hogsgrease cleansed from skin, beat these very well together in a stone mortar (I need not tell you with what pestle you should beat it with, as some have done) I conceive people are not yet so silly to use an iron pestle with a stone or wooden mortar: then put
them.

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them in an earthen pot that is well glazed and cover ~~id~~ with a paper; then set it in hot Horfe-dung, where the Sun may come to it to melt it, or in some warm place by the fire side, for four or five dayes: then take it out and boyl it a little, and press it out hard with a press, whilst it is hot, this the oftner you do, the stronger and better will your ointments be, you may do it three or four times, and the last time you boyl it, you must boyl it, till the Herbs do leave bubbling, and crisp, so pressing it out as before, adde to every pound of ointment, two ounces of Turpentine, and as much Beeswax: note that after you have distilled and boyled the Herbs, if you do it again, put fresh Herbs and the fresher and fuller of juice your Herbs are, stronger will your ointments be.

For making of Pulsisses.

Chop your Herbs, Buds, Roots, or Flowers, &c. very small, boyl them to a jelly in water, adding to it a little Oyle, or a little sheeps-suet, spred it upon a cloth and apply it.

For making of Plaisters.

IF you make plaisters of powder as of red Lead, white Lead, Ceruce or any such like ingredients, you must whilst they are hot, keep continuall stirring of them about, that those kinde of powder Simples sink not to the bottom.

But if you would make plaisters of Herbs, Buds, Roots, &c. after you have proportioned the quantities of each particular, futable to the place and member afflicted, bruise them together in a mortar, and to every
-three

three handfulls of the bruised Herbs, add four ounces of Sallet Oyle, of Rozen one pound, of Sheep Suet cleafed from the skin, halfapound; of Bees-wax, six ounces: cut the Suet small, putting the four ounces of Oyle and that into an earthen pot together, and distill them, and boyl them three or four times, as you do ointments; only reserving the quantitis of Rozen and Wax till you have prest all clean out, then disolue the Wax and Rozen in it over a fire, and strain it out into water, then make it up in roles, and keep it for use: this in my opinion is the most excellents of all wayes for making plasters.

Or thus you may do.

After you have bruised the Herbs, and prepared your quantities of each, do no more but

110 *Naturall experiments, or*

but boyl them together, tell
the juice of the Herbs is all boyl-
ed forth, which you may know,
when it leaves bubling, and the
Herbs are dry and crisp, then put
in the Wax and Rosen, while it is
hot, press and strain it out into
clean water, so make it up into
roles, and keept it for use, your
best times to make these things
is, when the Herbs are green.

*The Lord make the Instrument and
the work-man succesfull, which if so,
then have I obtained the desired end.*



Naturall experiments,

The

SECOND PART.

Containing seventy nine rare
and quaint experiments, very
delightfull and profitable
for all Ingenious
minded people.

Containing,

1. *The way of making all sorts of Inks.*
2. *The way of Dying and Colouring Wood, Ivory; or Bone or such like of any Colour.*
3. *To Whiten Brasse or Copper, of the Colour of Silver; severall wayes.*
4. *The way of Ingraving or Etching and drawing of any Pickters upon Copper Plates, with more easier wayes to attain it, then ever before published, with divers other experiments.*

LONDON, Anno 1657.

To the

R E A D E R.

Ingenious Reader.

THat all things are at once brought forth, and perfected, is beyond expectation, and is verified by the dayly experience of all that are studious in the nature of things; for take but a view, of all the ancient Authors that ever writ, of what Art or Science soever, yet all of them in succession of times have had their accession of perfections; and every age hath brought forth further discoveries, as the work of that generation: one seeing something in the nature of a thing, it being his work to begin it: another generation springeth forth, and stands upon their ancestors shoulders, it being their work to bring it to perfection. I having

in

in my study, amongst my old papers, (C
an ancient Manuscript, wherein was co
many curious experiments, which fi
was written by a very ancient A
Doctor of Physick, (and a freind of of
mine) the which I had intended to se
have put in print in a Book by it self; m
but finding many of the very same t
things, published within these three fi
or four years, I made choice of the i
best of them, adding some of my own h
to it, supposing there are many things k
therein that might be very usefull, of
made publick; I was much the sooner
perswaded to it, and to joyne them
as a second part to the Poor Mans
Physician, knowing that thereby the
first part would not be much the
dearer. It's probable, in this our gene-
ration, where so much enie as well
as knowledge increaseth, that this
my first born, shall not pass without
a snap by the coat in it's production;
or at the least a censure, by some
who are so Creasie that it may be
(my

(my first part lieth as yet uncon-
cocted in their Stomachs, whose pro-
fit as well as pallet, it may not please.
And I believe it shall be hard spoken
of, before it be heard to speak for it
self, for thus it hath fared of late,
much men of far greater abillities,
then my self, by divers who pos-
sibly, if the truth were known, are
ignorant of the things they carp at,
how ever I will content my self,
knowing that these my weak inde-
avours, may finde entertainment
with some, who are desirous of fur-
ther information, wherein I have
bestowed both cost and paines, there-
fore I shall desire thee to read it
thoroughly, and judge indifferently,
and if thou likest it, practise under-
standingly, for if thou art ignorant,
herein I am sure it will instruct thee,
and though well experienced, as 't is
probable thou art, I make no question,
but thou mayest find some what,
which thou hast not heard of before,
and

and that thou mayest be studious and
succesfull in the knowledge of things,
both spirituall and temporall, are the
desires of him who is.

Thine

LLAW SAMOHT

Naturall experiments,

The

SECOND PART.

*For those that are troubled in
their sleep with strange visions,
and strange lights and sights ap-
pearing, sometimes hearing
strange voices, &c.*

If such avoyd drinking
Wine, and, as much as
may be, strong beer,
for Melancholly is the
cause of this, which strong li-
quor attenuates and makes it
fly upwards, this if timely pur-
ged, may be a meanes under
God of their cheerfull and com-
fortable being and passing
through this wilderness of trouble,
till they come to the pro-
mised Canaan of everlasting rest,
to

to tell you of self denyall, this is self denyall, if we walk holy and godly under tribulation and sufferings cheerfully, as though we suffered, not denying our selves those creatures that are the best, knowing that God hath created the best of things, for those that are the best of people (that is the Saints; so that they abuse them not upon their lusts) and that for their sakes, the whole fabrick of the world is supported, this caution I thought necessary to insert, by reason many of the people of this latter generation, have yeilded so much obedience to the ffannattick conceptions of their own brain they being but the effects of their own humane infirmities.

For such as speak in their sleep,
especially young people, who when
they are in love reveal their dear-
est secrets.

TAKE the juice of Rue and mix
it with Vineger, drink a
draught of this before you go to
bed, this may keep in that (which
it may be) you would not for-
get twice the worth of this booke, to
have out.

To keep people from sleeping.

TAKE the Quills of the right
Wing of an Owl, and hang
them up by a thred, so that the
Quills may hang over their
mouth or nose, to touch, about
one inch cleer of their face, and
they cannot sleep till it be taken
away. These I must leave to your
own experience.

For To

*To make any one that sleepeth answer
to whatsoever thou ask.*

TAKE the Heart of an Oul, and
his right Legg, and put them
upon the breast of one that
sleepeth, and they shall reveal
what soever thou ask them.

*To know any Man or Womans minde
when they are asleep.*

TAKE the Hart of a Dove, and
the Legg of a Frog, dry it
well, and beat them to powder
in a mortar, put this up in a lin-
nen cloth, with three or four
round pibble stones, as big as
Wallnuts, then lay this upon the
parties pit of their Stomach, and
they shall tell you all things that
they have done, if there is any
thing remarkable that troubles
them.

To make good Green Ink.

TAKE Rue and beat it in a mortar, with a little Wine Vineger in it; then put it between two boords and press it out in a press, keep this juice, and grind with it some verdigrease, and if it be ground fine enough, you shall have the purest Green that can be.

To make Blew Ink.

TAKE a little fine Flower, and Blew Verditer, and grind it with as much Allum, and a little Chalk, then put it in a glasse Violl, letting it stand in the Sun, and it will be Blew, you must grinde this with clean water.

To make Green Ink.

TAKE Blew Verditer, or Green Verditer, and grind it with weak Gum water, but if you will

F have

have it a more perfect Green,
grinde a little Saffron with it:
there are two sorts of Verditer,
which, are Green and Blew, and
you may make two sorts of Ink
with them, as I have shewed.

To make Red Ink.

TAKE two ounces of Brazill,
beaten or ground to powder,
put to it a pint of water, boyl
these together till one third part
thereof be consumed, then put
in a little Allum to binde it, and
as much fine cleare Gum, as you
think, may make you have a
good glosse: there is hardly any
way, that make better Ink then
this, but if you put to it a little
Red Wine, it will be the better.

*To Write with Gold, or to beautifie
any Writing therewith.*

TAKE the shreds of leaf Gold
and grinde them with weak
Gum.

Gum Water, till it is very fine, then put it in to a Glass, and fill it with clean water, and you shall see all the dross and filth rise up to the brim of the Glass, let it stand till the Gold is settled to the bottom, then power of the water, if it is not clean the first time, do it again, so put it in muffle shells, dry this and keep it for use, you must temper it with Gum-water, to Write with, you may buy shreds of leaf Gold at the Book-binders, such as they save of their work.

To make Gold Colour to Write with.

TAke a new laid Egge, make a hole at the end, and let out the substance, then take the yolk of the Egge, and grinde it with four ounces of Quick Silver, and when you have mixed and ground them very well together,

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put

put it into the shell again, and stop the hole with chalk mixed with the white of the Egge, and when the Hen sitteth, lay it under her all the time she sitteth, which is three weeks, then break it up and use it.

*To make Wood or Bone Red
for ever.*

TAKE pounded Brazill and put it in some Milk, so that you put not too much to the Brazill, then lay in your Wood or Bone, letting it lye in for eight dayes, then boyl it a little over the fire, and it will be Red for ever.

*To Colour Wood, Bone or Ivory
of a Curious Green.*

TAKE strong Water called Aqua fortis, you shall buy it at the Refiners, or the Apothecaries, get some Copper-plate beaten very thin, cut it in small
pieces

pieces and put them to your water in the bottle, letting it stand for three or four dayes, and when the water hath almost eaten out the Copper, the water will be green, steep your Ivory in this twenty four houres, and it will be an excellent green, you may keep this water for another time in the glasse.

To whiten Copper.

T'AKE your Copper, heat it Red hot in the fire, and quench it in common Oyle of Tartar, this must be done for five or six times, and it will come white,

To Whiten Brass.

T'AKE Egg-Shells, and burn them in a melting pot to a powder, mix this with the Whites of Eggs, then let it stand for three weeks, and heat your Brass

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red hot, and lay this upon it every where.

*To Whiten Copper or Brasse as
White as Silver.*

TAke Salarmoniack, Allum
and Salt niter of each a like in
quantity, only put a little of the
filings of fine Silver to it, mix
them well together, and put it in
the fire till it be red hot in a
melting pot, till they have done
smoaking, then moisten this powder
with spittle and rub your
Copper or Brasse therewith.

To make Blew Ink.

BOyl Mulberries with water
and a little Allum, strain it and
keep it for use.

To make Yellow Ink.

TAke Gum-bugiam, grinde it
with water or shave it in water,
and let it dissolve, or you
may

may wett the back of your hand with spittle, and rub the Gum thereon, so that you may use it with a pen or pensill.

To make Yellow Ink.

TAKE Saffron and grinde it with weak Gum-water very fine, if you please you may put a little Gum-bugium with it, this is a good Yellow.

To make Flesh.colour Ink.

TAKE lake and grinde it very well with weak Gum-water, grinde a little white Ceruce to make it a lighter colour; then use it.

To make a Tawny or Sad Violet colour.

TAKE Turnsole put it in a dish, and put as much water to it as will wet it, or as it will drink up, let it lye and steep therein for

twelve houres, then add a little more water to it, warm this in the dish over the fire and presse out the colour into your dish, then with this water, grind but a very little Lake, and mix it all together and keep it for your use.

To make good Black Ink.

TAKE two handfulls of Gauls, break them with a hammer, not too small, and two ounces of copperris, put this to a quart of Wine or Water, let this stand four or five dayes, then put therein a little Vitreell and a third part of Gum, warm these on the fire pretty warm, but not boyl, the next time you may put less ingredients, for that ground will serve again.

To write Secretly.

TAKE Allum and beat it into powder, then put some into
a sawcer

a sawcer of clean water, till it disssolve, write with this and dry it by the fire, so may you dispose of it how you please, but when you would read it, wet the paper in clean water, and it will appear of a blewish colour, there are divers wayes of private writing, as with the juice of Onions or Lemons, but in my opinion this exceeds all, in regard the others may be seen before the light when they are dry, but this may not, if it be through dry.

To dye Hair Yellow.

Take the Leaves of Box-tree and boyl them in clear water, till half be consumed, then wash your Hair therewith, for two or three times and it will be Yellow.

For the same another way.

TAKE a piece of a Barberry tree,
burn it to ashes, put a little
water to the ashes, and make
strong lie, and anoint thy head
therewith, this will turn thy
hair Yellow.

To dye Hair Black.

TAKE Dwarfe Elder Leaves,
bruiſe them well in a mortar,
preſſe out the juice thereof, and
anoint thy head with it.

To make Hair fall of.

TAKE the Leaves of Spurge,
bruiſe them in a mortar and
preſſe out the juice thereof, and
annoint the place therewith.

In the first part I shew'd you
how Aquafortis would effect the
same.

To make the Nose Bleed.

TAKE the Leaves of Yarrow, and put it up in thy Nose ; this will make the Nose Bleed immediately.

To Stay Bleeding at the Nose.

IF you Bleed at the right Nostrill, let some that stands by thee strain thy right little Vinger, with any Garter or some such thing, & if the left Nostrill, then do so with the little Finger of thy left Hand, and it will Stay the Bleeding.

To make a Tooth drop out.

Mizaldus saith that if you make a powder of Earth-wormes and put it in the hollow of a rotten Tooth, it will immediately drop out.

To

To keep one from being Drunk.

TAKE the Leaves of Bittony, or the dried Roots, chew and eat of it every morning fasting, if you use this, it will preserve you.

To take away Warts.

TAKE Aquafortis, and with a little stick take up one or two drops at a time, and anoint the Warts once a day, use not this Water about the Eyes. I gave you a caution in my first part: and if you are troubled, above one week with them after you use this, then believe nothing that I have writ.

To satisfie Hunger and Thirst.

TAKE the quantity of a Wall-nut of roch Allum, that is very fine, and when you are Hungry or Thirsty, suck that a little while,

while, use this often in one day,
a penny worth will serve you
almost a week.

*To Refresh such as are Weary.
with travelling.*

TAKE one ounce of Oximell in
a draught of Wine, Beer or
posset drink; or thus, take the
powder of Bittonie, and take
half an ounce in some Beer, Wine
or posset drink.

To keep an Horse from Tying.

TAKE two handfulls of hot Ar-
smart & Palm; put them under
your Horses Saddle, this will as-
suredly revive him in a journey.

*To keep away the Flies from a Sore,
on Horses or other Cattles Backs.*

TAKE an handfull of dead Ar-
smart, bruise it and apply it to
Sores on Horses, or any other
Cattle; for Flies vex those poor
crea-

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creatures, very much in hot
weather, and hinders their feeding.

To make one Loath Meat.

TAKE the Blood of a Hare, drie
it and make it into powder,
strew it on Meat newly roasted or
boyled, before it come to the
table, and it will look so raw,
that all who look on it will Loath
Meat.

To make any one Loath Wine.

TAKE a Live Eele, put it into
Wine or any other liquor, and
let it die in it, then take out the
Eele and give it to the party that
must drink it unknown, and they
will never endure that sort of
liquor again.

*To know whither Wine be mixed
with Water.*

TAke a Doves Egge and put it
into the pot, if the Egge ſink,
there is Water in it; but if it
ſwimmes it is all Wine.

*To take an Eare Wigg out of
the Eare.*

TAke an old Apple, cut it in
two pieces and make a little
hole in the out-side of one of
thoſe pieces, and lay that in
your Eare; lye down upon that
ſide, and the Eare Wigg will
come into the hole of the Apple;
it ſeems they love Apples better
then Eares: it's a wonder they are
not called Apple Wiggs.

*To make half of an Apple move
of it ſelf.*

TAke an Apple and cut it half;
then make a hole in it, on the
flat-

236 *Naturall experiments, or*
flat-side, and put a black bottle
under the Apple upon a table,
and the bottle will move it, when
he goes, then secretly, take it a-
way that none discover it.

*To cleanse Oyle Pictures, and make
them look fresh.*

TAKE some Blew Starch, wet the
rag of a linnen cloth in water,
strewing some of your Blew upon
the Picture, and rub it with the
wet cloth, till the dirt is clean
away, then get some Oyle of
Spike, wetting a cloth, and wipe
over in every place, and the
Pictures will look as when they
were new.

*To take out staines of Oyle
Pictures.*

TAKE Wood-ashes and sift it ve-
ry fine, wet a linnen cloth in
water, dip it in the Ashes, and
scour of the staines very clean,
then

then do as I taught you in the former experiment, and that will make it look fresh with a good glosse.

*To make a shot out of any Gun
carry close.*

TAke the quantity of a great pins-head (if for a Musket or fowling piece) and charge it with your shot, in case you should wager with any one, although you take both the same quantity of powder and shot, you may shoot much closer.

*A merry Conceit to charge a Gun
without Powder.*

TAke an old Gun that is rusty in the barrell, it must be done by water, and Aire, fill the piece one quarter full of water, remember to stop the touch hole very close with a wooden pegg, then put in after it, a piece of wood exactly

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exactly fitted to the boar of the
Gun, the Diameter or bredth
over, must be the length of the
piece of wood, then put an
Oyled cloth about it, double
or single, so as it may fit, pro-
vide a strong rod of iron or
wood, measure how high the wa-
ter comes, and so far, and no fur-
ther must you drive the plugg,
be carefull you force it not too
close upon the water, then set
one end thereof in the ground,
make a fire about it, and when
the water is calified by the fire,
there is such an antipathy be-
tween those two elements, that
it will force out the shot.

*To make an Egge burn in and
with the water.*

TAKE an Egge, let out the meat
through a small hole, take
Salt niter, Brimstone and Quick
Lime,

Lime, of each a like quantity, mix them well together; and fill the Eggeshell therewith, stop the hole with Wax very close, and cast it into a River of running water: so will it break forth into fire.

To make Hens lay Eggs all the Winter.

Gather the tops of Nettles, before the Seeds are quite ripe, keep them till they are dry, and give them to your Hens with their meat all the Winter, and they will lay all most every day an Egge.

To put an Apple in a glasse bottle.

Take a glasse Violl of what bignes you please, put it on a sprig of an Apple Tree, that hath the bud of an Apple growing on it, tie the bottle with a thred about the neck to a limb of the Tree,

Tree, so that the wind may not blow it of, and the Apple will grow till it come to it's full bignes of the shape of the glasse, so may you do with any other fruit.

To make all thing that are in the Room Seem Yellow.

TAKE Saffron, dry it and beat it small in a mortar, light a lamp and strew this powder upon the Oyle and about the wick, but there must be no other light in the Room, and all the things that are there will Seem Yellow: this must be done in a green glasse lamp.

To sow and Plant Wall-nuts.

GATHER Wall-nuts, a little before they are ripe (or ready to fall) in their husks, and put them in an old pot, barrell or box, dig a hole to put them in the ground,

ground, and cover them with earth, so let them continue there till the beginning of March following, and in the same month steep them for twenty four houres in good Cows Milk, then digg and turne the earth very well, where you intend to sow them, so set them about three inches deep in the ground, with the sharp prickled end upward, set them one foot asunder one from another, this is the most excellents way of all, and there will scarce one in twenty fail: weed them often, that the weeds choake not the plants.

To make a Red Rose White.

TAKE a Red Rose thoroughly blowed, cast some Brimstone on a chafin dish of coales, and hold your Rose over the smoak thereof, and it will be White.

*To write your Name on a
Knife.*

WArm your Knife over the fire, then take Bees Wax and rub all over one side thereof about the thicknes of a paper in every place, when it is cool, write your name or what else you please on the Knife with a Needle put into a small stick, but you must write so deep in the Wax as to touch the mettle, and having so done, take *Aqua fortis* with a stick or feather and lay it all over that side of the Knife and writing, so let it stand for one hour, scrape of the Wax, and it will be as it were Ingraven and will never were out: this is called Etching.

*Of Ingraving or Etching and
how performed.*

ETching is very much like
Graving, but much easier and
sooner performed; by which
you may draw any Print, Picture,
or Coat of Armes, upon Cop-
per Plates, first provide your
Copper Plates of the thicknes of
a shilling or some what thicker,
get some Gold-smith or some
such trade to plannish it smooth,
then take a piece of Pumice stone
that hath no gravell in it, which
you may know, if it doth not
scratch the Plate; rub the Plate
all over with this stone and water
till you see no black spots nor
flawes in it; then smooth it over
once more with a piece of blew
Cornish Tyle & water, or a piece
of very soft Whet-stone, till it be
very smooth, then lay on your
ground or Wax as I taught you
before

before with the knife., then you must provide severall Steele Points in small sticks or needles of severall sizes, and thrust them into small sticks, and what print or draught you would have, you must draw first upon a paper, and prick it full of holes, for laying this paper over the plate upon the white Wax or ground, you may with a little beaten Charkcole in an old hose, cut lightly over the paper, and pounce out the whole figure, then draw it with your Steele Needles, which must be of severall bignesses according as the shadows of the Pictures do require, then lay on the strong Water or *Aqua fortis*: both are to be sold at the Refiners, or at the Apothecaries; but the first is the best, the shadows and such like places that are fine work, must be abated by laying of cold wa

ter upon it, then after one hour,
you may throw it in water, and it
will leave eating; then take of
the ground and it is done.

*To make your white ground or,
Wax for Etching.*

TAKE one ounce of Bees Wax,
and two ounces of Rosen, melt
them together; grinde one quar-
ter of an ounce of Ceruce very
fine, and mix it with your Wax,
stirring it about while it is hot,
then heat the Copper Plate very
warm & lay it all over the thick-
nesse of a paper.

*To take the perfect draught of
any Picture.*

TAKE a sheet of the finest Venice
or Post Paper you can get, wet
it all over with Linseed or Saller
Oyle of one side of the Paper,
then wipe the Oyle of the Paper,
and let it dry, otherwise it will

spoyl the Printed Picture, by the soaking through of the Oyle, having thus prepared your Paper, lay it over any Printed or Painted Picture, and you may perfectly see every stroke and line of the Picture through the Oyled Paper, then take a black Lead Pen, and draw it of upon the Oyled Paper, then prick holes in every line of your draught, and by laying of this Paper over the white ground upon the Copper Plate, take some Charkcole beaten very fine in a mortar, and put it in a piece of an old hose, then rub all your pounced Paper, and there is your Picture ready drawn to your hand, then with a small Needle draw it out upon the Plate, let your Needle go through the Wax, and touch the very Plate every stroke, or else the strong Water cannot come to it: then lay on the strong Water

by Water as you were ſhewed before, and any Rowling Preſſe Printer will print it of for you.

To print of your Plates upon Paper.

TAKE Lamb black and temper it with Sallet Oyle; rub it in to the work very well, then wipe the Plate clean, with ſome dry white Paper or the palme of your hand, take the Paper that you would print it upon, wet it with water, and lay it plain over the Plate, and wet another Paper to lay upon that, then lay two or three times double of dry brown Paper thereon, ſo put it between two boords and preſſe it hard in a preſſe, or you may rub over the Paper hard with a Sleek-ſtone, then take of the print and dry it, or by the fire.

*To Ingrave or Etch on a Flint-
stone.*

TAKE a Flint that is plain and smooth of what bignes you please, melt the Tallow of an Ox, and write or draw; what you please with it upon the Flint, then steep the Flint in Vineger four dayes.

An infallible way to try Gold.

TAKE the piece that you would try, and weigh it with Brasse weights, and make just upright weight with graines or some small weights, then set a bason of clean water upon a table board by you, so lift up the scales with the Gold, & weights at an equall ballance, letting the pans of the scales sink about three or four inches under water, then if the Gold weigh down the Brasse weights, it is good Gold, but if
it

it be equall, 't is not Gold.

To water-slips, Trees, Herbs or Plants, and to keep water continually dropping upon their Roots to keep them from withering by the heat of the Sun.

TAKE a big earthen pot or pan, that is well glazed within, fill it with water, and set it between two of the slips or plants that you would have watered: then take two pieces of Woollen cloth, or two old Woollen hosen, let them soak one hour or two in the water, take them out and hang them over the brim of the pot, one half of the cloth in the water, and the other half without the pot, so that they may drop by the Roots of your plants, and they will be alwayes dropping so long as there is any water in the pot; provided that your Woollen or

G 3 hose

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hose reach to the bottome, both
of the inside and outside.

*To order water for watering of
Gardens.*

TAKE a trough, tub, or earthen
pan, set them where the Sun
may shine upon them all the day,
and fill them with water, then
after it have stood in the Sun all
day, use it in the evening or the
next morning: this often times
is the reason, that notwithstanding
the Slips and Flowers are
watered every day, yet they wither
with the excessive heat of
the Sun, this is as though you
should give a patient that is in a
sweat some cold water or beer,
't is almost the same: for nature
must be provided for with re-
freshment, seasonable to the
nature and quality of the Crea-
ture, if you question the truth
of this, inquire of any that have
lived

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lived in the Weſt-Indies, either at Barbadoes or Virginia, and they can tell you 't is a common thing there.

*To take a pipe of Tobacco al-
though half of the pipe
ſtand in water.*

Take a glaſſe bottle of half a pinte or a pinte, fill it almoſt full of water, then fill a pipe of Tobacco; ſetting it upright in the bottle of water, but let the ſmall end in the water, ſo that it may not touch the bottom of the glaſſe: then take a piece of the ſhank of another pipe, about three inches long, place the end of the pipe cloſe to the ſtem or ſide of your pipe of Tobacco, and the mouth of the glaſſe: having ſo done, lute the mouth of the glaſſe very cloſe that no aire may come forth; then put fire to the Tobacco, and ſuck the end

of the peece of pipe; you must lute the mouth of the glasse with Tobacce pipe Clay, or Wax, let that end of your stem be cut with a notch, setting that side down ward next to the water, as that the wax may not stop it.

To know the time of the day or night at any time.

IF you are minded to know what it is a clock, speak to the next you see to gather any thing from the ground; then if that thing have grown and may grow again, as Seeds, Herbs or such like, then it is either 1. 4. 7. 10. of the clock. If it never grew nor never shall, as stones, mettalls, potsherds or the like, it is 2. 5. 8. or 11. a clock, if it ever grew but will not grow again as sticks, chips shells or such like it is 3. 6. 9. or 12. but you must not know before you go about
this

must this, the time of the day by a
with clock or any other way.

To kill Rats.

TAKE some soft Spunge and
chop it very small with a
Knife, but it must be very well
dried, then mix this with butter
and leave it where they come, this
makes them very full and dry,
and as soon as they drink the
Spunge swels and kills them.

Or thus:

TAKE the Roots of white Helle-
bore, dry them and beat them
to a fine powder and mix it with
their meat.

*To keep your Houses from Fleas in
the Summer.*

TAKE Veruaine and boyl it with
water, sprinkle your House
with the water and it will keep
away the Fleas.

To kill Lice that are in clothes.

TAKE two ounces of Quick-silver, and put it in a melting pot, or Crucible, then set it in the fire and when it begins to smoke, hold the clothes over it, and no vermine will stay or breed therein.

To kill Fleas.

TAKE the leaves of hot Ar-smart, boyl them with water, and sprinkle your roomes with this, and you will not be troubled with any Fleas.

*To keep Fleas from biting your
body.*

TAKE Woorm-wood, rue and hot Arsmart, of each a like in quantity, boyl them in Wine, and wash thy body with the rag of a linnen cloth dipped in this, and the Fleas shall seldome hinder

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der one houres sleep all night.

To kill Lice in the head.

TAKE the Seed stane feger; beat them into a gross powder turn up the hair all under a capp; but first you must strew the powder upon your hair and rub it well into the hair, and this will kill all the Lice in one night, and for your clothes, do as you were taught before.

An excellent bait for River Fish.

TAKE the blood and Fish of a Calf Fish; and mince it together; then put it in a pot or some such thing and cover it, let it stand for ten dayes, then make it up in a paste and keep it for use.

To

*To make sport with a Pike or**Jack.*

Take a pretty big stick, of about two or three foot long, tye three or four hooks, such as are used for that sort of fish, let your lines be two or three foot long a piece, then bait the hooks with live Fish or Froggs, and put a good wadd of straw or hay, or such like stuffe that will swim, tye it fast to the stick, and throw it in the middle of any Fish-pond or River, where Pikes do lye, and you shall see very good sport, you must stand cleer out of sight, for that sort of Fish keeps Spies out alwayes, and will not come forth whilst any one may be seen.

*To make Wormes Crawl out of
the Earth.*

TAKE Wall-nut Leaves, bruise them and boyl them in water, presse out the juice and all out of the Herbs, and power the water upon the ground, and the Worms will presently crawl out, thus may you get Worms at any time of the year for Fishing.

Or thus :

TAKE Salt and boyl it in water; and make strong brine, poure out this where Worms are, and they will all crawl out upon the ground.

To seperate Gold from Silver.

TAKE Roach Allum and Bolla-
moniak, beat these in a mortar together, then anoint the Silver that is guilded with Linseed
Oyle

158 *Naturall experiments, or*

Oyle and strew this powder all over it, put it in the fire, give it a good heat red hot & quench it in water, and the Gold will remain in it.

To know, when a Woman is with Child whether it be a Boy or a Mayd.

TAKE a bason of fair water; and let the Woman milk one or two drops of her milk into the water: and if the milk sink to the bottom it is a female Child, but if it swim, it is a male Child theee goes with.

To make a Candle that will burn in the water.

TAKE Sack or Brandy Oyle, of Saltpeter, Brimstone, Quicklime, Wax and Hony of each alike quantity, nix them and make a Candle therewith.

To Catch Crows.

TAke white Pease, steep them eight or nine dayes in the Gall of an Ox, and lay them in some place where they use to come.

To Catch Crows.

TAke Nut Vomica, and beat it into a fine powder, take the Liver of a Bullok, cut it in many small pieces; and rub this powder very well in it, then cast it where they use to come, and you may take them up with your hands.

*To know whether one that is sick,
shall live or die.*

TAke a fresh green Nettle; and lay it in the Urine of the diseased person immediately after they have made water, provided that the water be not mixed with any other; put the Nettle in-

to

to it , letting it remain for the
space of twenty four hours , then
observe if the Nettle remain fresh
or green, they may recover , but
if it be withered or look dry , it
is an infallible signe of death.



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